



The Obesity Epidemic

What is the problem?¹

Among high school students...

Overweight

- 8% are overweight²
- 12% are at risk for becoming overweight³

Physical Activity

- 38% had not participated in sufficient vigorous physical activity during the past 7 days
- 76% had not participated in sufficient moderate physical activity during the past 7 days
- 9% did not participate in any vigorous or moderate physical activity
- 44% were not enrolled in physical education class
- 67% did not attend physical education class daily

Unhealthy Dietary Behaviors

- 83% ate <5 servings of fruits and vegetables per day during the past 7 days

What are the solutions?⁴

Among middle/junior and senior high schools...

Health Education

- 77% of schools require 2 or more health education courses
- 71% of schools teach about developing an individualized physical activity plan
- 58% of schools teach 15 critical nutrition and dietary behavior topics

Physical Education

- 92% of schools require 2 or more physical education courses
- 96% of schools do not allow students to be exempt from taking required physical education for being enrolled in other courses or participating in school activities or sports
- 59% of schools offer students intramural activities or physical activity clubs

Food Service⁵

- 27% of schools have fruits and vegetables available for purchase
- 86% of schools have 100% fruit juice available for purchase
- 90% of schools have bottled water available for purchase
- 34% of schools do not allow students to purchase snack foods or beverages during school lunch periods



¹ 2003 Youth Risk Behavior Survey data representative of high school students in Montana.

² ≥95th percentile for BMI by age and sex.

³ ≥85th percentile but <95th percentile for BMI by age and sex.

⁴ 2004 School Health Profiles data representative of middle/junior and senior high schools in Montana.

⁵ Among schools that allow students to purchase snack foods or beverages from vending machines or at the school store or snack bar.



U.S. Department of Health and Human Services
Centers for Disease Control and Prevention